



YOU HURT. WE HELP.



Psychological and Emotional Well-being

Your job isn't easy. You're asked to do things most people can't do, be in situations most people can't handle or make decisions most people couldn't fathom. These challenges can put an unimaginable toll on you. Yet, to be successful in the Navy and Marine Corps, you have to be psychologically strong. That's where the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center can help. We have the resources and tools to help you strengthen your resilience so you can perform at your best.



To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

